



THE NEWSLETTER

The official monthly publication of Tattersall's Club, Sydney
JULY 1997

TATTERSALL'S CLUB ATHLETIC DEPARTMENT SOCIAL EVENING

Tattersall's Club Athletic Department invites members and partners to the

ATHLETIC DEPARTMENT'S SOCIAL EVENING



We have extended invitations to your gym instructors to attend. Please make them welcome on the evening.

- Win a terrific sporting goods hamper as well as other great sporting prizes.
- Catch up with old friends from the gym and meet new members.

When:
Friday 18th July 1997

Time: 5.30pm

Where:
Main Bar (2nd Floor)

- Tickets for the sporting goods raffle are on sale in the Athletics' Department.
- Full bar service will be available as well as complimentary snack food.

WELCOME TO NEW MEMBERS

A WARM WELCOME IS EXTENDED TO THE NEW MEMBERS LISTED BELOW WHO JOINED THE CLUB IN THE PAST MONTH:

James Anderson
Steven Howe
Brian Mills
Paul Paterson
Steven Rankine
Geoffrey Standen

RUGBY SPORTSMEN'S LUNCHEON

The Rugby Sportsmen's Luncheon, held on Friday 20th June, was a resounding success.

A full house of members and their guests were treated to the seemingly endless stories and anecdotes from our guest speaker - Peter Fitzsimons. As usual, Peter enthralled the gathering with tales of "moving" moments, bravery and camaraderie.

Members were also privileged to have as our guests notable rugby identities, including Steve Williams, John Welbourn, Warwick Waugh, Tim Gavin and Russell Fairfax, who provided their views on a range of questions posed by the audience.

The luncheon was a fabulous lead-up to the France versus Australia Test match on Saturday 21st June at the Sydney Football Stadium. Those predicting a close match were not far from the mark.

LOADING DOCK PARKING

Members are reminded that parking in the Club's Loading dock at Castlereagh Street is strictly prohibited at all times.

The use of this area is restricted to maintenance and delivery vehicles.

Please co-operate by keeping the loading bay clear of non-essential vehicles.



TATTERSALL'S EPICUREANS

present

**BASTILLE DAY
CABARET
FRIDAY JULY 11**

**FEATURING
LILLY DIOR**



"...deep, full,
heart-stopping and sultry..."

Just a few of the Epithets used by Sydney's leading jazz critics to describe this soulful talent.

Enjoy French food at its finest

Dance through the evening

7pm for pre-cabaret drinks

Dinner at 7.45pm \$65 pp

**Dress in the Spirit
of the Revolution**

Ian Neil
Convenor

Peter Thomas
Secretary

TATTERSALL'S CLUB



FOUNDED 1858

181 Elizabeth Street Sydney NSW 2000

GPO Box 4308 Sydney NSW 2001

Telephone: 9264 6111

Facsimile: 9267 8312

OFFICE HOURS:

8.30 am - 5.00 pm Monday to Friday

COMMITTEE

DENIS CLEARY

(Chairman)

RUSSELL DEBNEY

(Treasurer)

GRAHAM BYRNE RICHARD GLOVER
ANTHONY MARTIN A. JOHN MURRAY
LESLIE OWEN DENIS PIDCOCK
ROBERT SANDERS HARRY TURNER
PETER M.G. BRACHER ACCM
(Secretary)

CLUB CONTACTS

Athletic Department

Tony Holland 9264 6111 (ext 28)

Banquet Department

Allison Cornish 9264 6111 (ext 15)

Billiards and Snooker

Andrew Bald 9264 6111 (ext 27)

Epicureans

Ian Neill 9318 1876

Golf

John Furlong 9264 6111 (ext 27)

Handball

Bob Hill 9416 4245

Lawn Bowls

R.R. (Tim) Anderson 9953 3021

Racing

Bob Sanders 9264 6111 (ext 27)

Ski-ing

Simon Forsythe 9362 4215

Squash

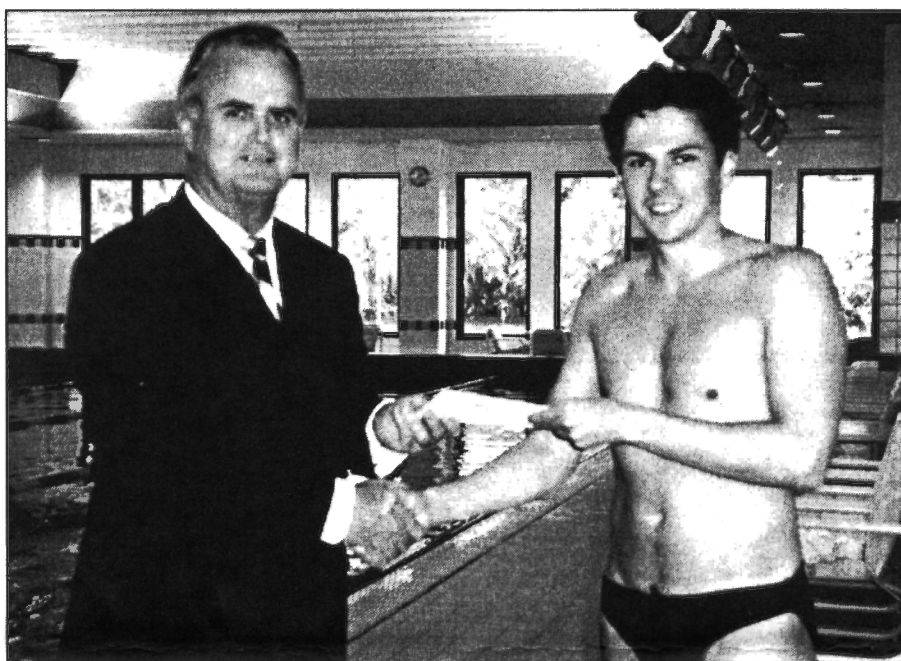
Athletic Department 9264 6111 (ext 28)

Swimming

Col Bowes 9665 2815

Water Polo

Adrian Bouris 9373 0300



SWIMMING

Tattersalls' swimmers were saddened to hear of popular member Ken Glover's recent hospitalisation. We all wish you well, Ken, for a speedy recovery.

MANCHESTER UNITY HEALTH AWARD

Manchester Unity is the Club's new sponsor. Chief Executive Rob Goaley presents the 4th Monthly Award to winner, Justin Herlihy (above).



RESULTS

Month 4

50M

1. Justin Herlihy 35
2. Tony Johnson 30
3. Ian Lemmey 28

Month 5

50M

YTD

- | | |
|---------------------|----------------------|
| 1. Andrew Torok 37 | 1. Harry Turner 131 |
| 2. John McCosker 35 | 2. Ian Lemmey 122 |
| 3. Harry Turner 23 | 3. John McCosker 115 |
| Ian Lemmey 23 | |

100M

YTD

1. Harry Turner 123
2. Bruce Fallshaw 111
3. Ian Lemmey 100

Diary Note:

Friday 25th July, 1997 - Swimmers' Sportsmen's Lunch.



CHRISTIAN MEN'S FELLOWSHIP

The objective of the Christian Men's Fellowship is to initiate and conduct men's meetings to foster Christian fellowship amongst members and their guests and to be always available to support members during times of need. The fellowship also recognises its responsibility to pray for the club in matters arising out of the daily conduct of the club, so the club can be an effective member of the Sydney community.

We'd love you to join us for coffee or tea at 8.00 am, the first Tuesday of every month in the cards room, level 3 of the Tattersall's Club. See you there!

Should you want to know more about the meetings, please contact either Bruce Baird on 9358 6055 or Bruce Fallshaw on 9267 8888.

LIGHT MEALS

in the 2nd Floor Club Bar

Enjoy light meals every day from midday and Tuesday through Friday from 6pm in the Club Bar including;

- soup
- salads
- burgers
- old favourites
- sandwiches

and for a refreshing change visit our

OYSTER BAR

on Fridays from midday.

TATTERSALL'S RACING NEWS

IMPORTANT DIARY DATES

Friday 29th August, 1997

Race Day Sportsmen's Luncheon
Meet and listen to prominent racing identities give their views on horse racing. Entertaining and sometimes controversial. Enjoy a three-course lunch and drinks.

Friday 5th September, 1997

Tattersall's Race Day
Cocktail Party and Dinner

Three racing at the Tattersall's Club Spring Race Meeting with an evening of fine food, champagne, entertainment and great company.

Saturday 6th September, 1997

Tattersall's Club Race Day
Your gala day at the races. Includes tickets to the Members' Stand, pre-luncheon drinks and a three-course luncheon in our own private Vista Room directly above the Winning Post.

Special Members' Packages

Special "all inclusive" packages will be available to members, incorporating accommodation in the Sheraton on the Park Hotel.

Details and prices will be confirmed in the August Newsletter.

Bookings essential.

Reserve your place now.



GOLF

All members and their guests are invited to attend the following golf days:

JULY 1997

Course: New South Wales

Date: Tuesday 15th July, 1997

Tee Times: 11.15am and 12.12pm
(off two tees - 1st and 10th)

Cost: \$75

AUGUST 1997

Course: Cromer

Date: Tuesday 26th August, 1997

Tee Times: 11am and 12.10pm (1st Tee)

Cost: \$55

To book times for the above golf days, please ring Paula at the Club on 9264 6111.

JUNE RESULTS

CASTLE HILL 17TH JUNE, 1997

A communication lapse in notifying the June venue and a cold, threatening day saw our numbers plummet from 71 at the Lakes last month to only 19 at the picturesque Country Club course at Castle Hill. However, players stuck to their guns reflected by the following scores:

4 Ball Winners:

Mark Edmondson/Vic Neilsen 44 Points

4 Ball Runners-Up:

Hugh Ryan/Rod Tubbs 43 Points

Singles Winner: Vic Neilsen 37 Points

Singles Runner-Up: Hugh Ryan 35 Points

Longest Drive: Hugh Ryan

Nearest the Pin: John Small

Some host clubs are now charging us for bookings not cancelled 72 hours in advance. So, in future, cancellations made less than three working days before the golf day may be subject to a full charge. Intending players are therefore asked to be firmer in their bookings so as to avoid a full charge for "no play".

MEMBERS' DIARY

July

Tue 1 Christian Men's Fellowship
Fri 11 Bastille Day Epicurean Dinner Dance

Tue 15 Golf-NSW Golf Club

Fri 18 Athletic Department
Cocktail Party

Fri 25 Swimmers' Sportsmen's Lunch

Thur 31 Members' Drinks

August

Tue 5 Christian Men's Fellowship

Fri 8 Senior Member's Luncheon

Tue 26 Golf-Cromer Golf Club

Thur 28 Members' Drinks

Fri 29 Race Day Sportsmen's Lunch

September

Tue 2 Christian Men's Fellowship

Fri 5 Tattersall's Race Day
Cocktail Party

Sat 6 Tattersall's Race Day - Royal Randwick

Thur 18 Golf-Bonnie Doon Golf Club
Swimmers' Relay
Social Evening

Fri 19 Epicurean Winemaker's Dinner

Thur 25 Members' Drinks

Fri 26 Hall of Fame Sportsmen's Lunch

October

Tue 7 Christian Men's Fellowship

Sat 18 Young Members' Ball

Tue 21 Golf-Terry Hills Golf Club

Fri 24 Black Tie Boxing

Thur 30 Members' Drinks

November

Tue 4 Melbourne Cup Lunch

Christian Men's Fellowship

Tues 11 Swimmers' Club Championships

Fri 14 Epicurean Christmas Dinner
Dance

Tues 18 Swimmers' Club Christmas
Scramble

Tue 25 Golf- NSW Golf Club

Thur 27 Snooker Presentation
Dinner Dance
Members' Drinks

Fri 28 Golfers' Lunch and Presentation

December

Tue 2 Christian Men's Fellowship

Thur 18 Christmas Chocolate Wheel

Fri 19 Christmas Chocolate Wheel

GutBusters

LOSE 3 BELT HOLES IN 6 WEEKS

- No strict diets
- No hard exercise
- No, you do not have to give up drinking

With over 30,000 men attending the program, 80% achieved their goal and kept it off for over a year.

Gutbuster Course #3, started on Wednesday 4th June at 7am, and is full.

However, bookings for Course #4, (commencing 8th August, 1997 at 7am), can be made at Athletic Department Reception.

Results to date:

- Course #1 had 21 members with an average waist measurement loss of 7cm over five weeks.
- Course #2 had 14 members with an average waist measurement loss of 6cm over five weeks
- Course #3 has 25 members attending

The GutBusters' Scientific Advisory Board includes:

- Professor Terry Dwyer MBBS, MPH, MD, FAFPHM
- Professor Kerin O'Dea Bsc, PhD
- Professor Neville Owen BAPS
- Rosemary Stanton Bsc, CNut/Diet, GradDip Admin
- Dr Frank Pyke Bsc, PhD
- Professor Garry Egger BA(Hons), MPH, PhD
- Lecturer Tony Holland BPE (HstSch)



Left to right: John Gowran, Mark Twigg, Andrew Griffin, Adrian Abbot and Andrew Bald.

SNOOKER HANDICAP TOURNAMENT ROARS AHEAD!

It's been a quiet month in the Snooker Room but the 1997 Snooker tournament is roaring ahead with a number of players already into the final 32. Michael Milman has been playing well, beating Ian Mann, to meet the winner of Kerry Series V John Threlfro for a place in the final 16. Eddie Crane is in fine form, defeating Tony Tomlin, to earn a shot at the winner of Rod Foord V Nick Layton. It won't be easy trying to pick any of the winners in these games.

The affable Eugene Piekarski is to play Mike Lannon for a berth in the final 16. Greg Mizon has also performed well in his first year, defeating Jeff Woolard, for a spot in the final 32. Brian McElvogue defeated Barry Jarret (Barry has always been a hard one to lick) but Brian has been right on cue of late and looks like making a good run at the title.

With the ever-present Paddy supervising and umpiring the matches, we look on target for a September or October final.

INTERCLUB

The Interclub team has performed well again this year although a lack of consistency has led to a disappointing 4th place after round 3. The second half of the tournament should see them settle and we are all hoping for a better result. We wish them luck as they try to regain the title they lost in 1996!



Left to right: Arthur O'Connor, Tony Tomlins and Eddie Crane.



John Gowran with Brian McElvogue having a "good time".

FOR SALE - CHAIRS

Bistro Chairs

(approximately 70 units) - excellent condition - timber frame, slat backs, with padded maroon seat.

\$40 per unit.

Lounge Chairs

(approximately 10 units - good condition - "tub" style padded lounge chair.

\$80 per unit.

ATHLETIC DEPARTMENT

9264 6111(ext 28)

WANTED



NON-ACTIVE MALES

To take part in a five-week '1-on-1 Fitness Pack' course. Are you:

- Out of condition?
- Haven't exercised in the past year?
- Have had limited training experience in a gym?

Call Tony now - 9264 6111

Week one - Personal Needs Analysis/fitness assessment/cardiovascular training introduction. (1 hour)

Week two - Cardiovascular training/stretching exercises. (½ hour)

Week three -

Resistance training. (½ hour)

Week four -

Full workout review. (1 hour)

Week five -

Fitness Assessment. (½ hour)

Cost: \$165

HEART DISEASE, HEART ATTACK AND STROKE

Definitions

Heart Disease - disease of the heart and blood vessels which results from a build-up of fatty deposits in the inner lining of arteries. These deposits begin in childhood and by middle age or older can narrow the artery, in turn reducing the blood flow.

Heart Attack - occurs when an artery in the heart becomes blocked with fatty deposits.

Stroke - occurs when the blood supply to part of the brain is cut off, usually by a blood clot but sometimes when a brain artery bursts.

Some Startling Facts

Heart attacks and strokes are the causes of most deaths in Australia. More than 1000 people die every week and thousands more are affected.

Four Steps to a Healthy Heart

1. Be a non-smoker

There is no safe level of smoking. It doubles the risk of heart attack and is a major risk factor for stroke, cancer and many other diseases. The good news is the risk of heart attack drops quickly after you quit.

2. Keep a check on your blood pressure
High blood pressure means the pressure of the blood in the arteries is too high. Over time this puts a strain on the heart because it has to work harder to pump blood around the body. High blood pressure also puts extra stress on the walls of the arteries, causing them to thicken and become blocked.

3. Eat a healthy low-fat diet and know your cholesterol level

A diet that is high in saturated fats is the main cause of high blood cholesterol. Our bodies need cholesterol, but too much in the blood can lead to the artery blocking process and heart disease. Overweight people tend to have higher blood cholesterol levels and higher blood pressure.

4. Be physically active

The more active you get, the better for your heart and health generally. Whether you're young or old, are in shape or out of shape, physical activity should be part of your day throughout life.

* (Reference - Heart Foundation)

* The Athletic Department's '1-on-1 Fitness Pack' and 'GutBusters' Programs are aimed at helping you achieve a healthy heart. Please phone Tony in the Athletic Department for more information.

TATTERSALL'S SKI CLUB GOES DOWNHILL

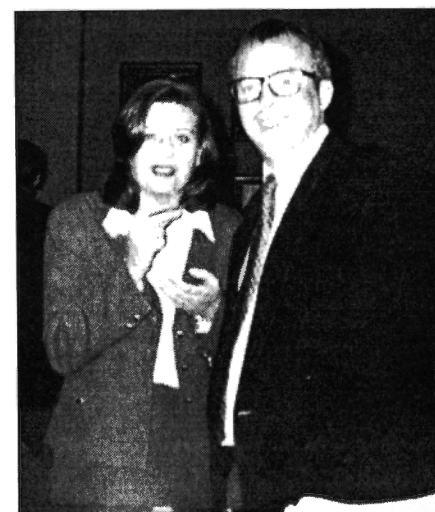
Yes, the ski club launched itself into the 1997 season in true style.

Legendary skiers were seen in the members bar discussing new ski equipment, supplied by Paul Ford from Inski, the longest and fastest ski runs and one of the most famed expressions in skiing history "skiing the mahogany ridge". (The bar)

After drinks and heated discussions on the angle you should launch yourself off a mogel when doing a helicopter, all 27 of us headed up stairs to the dining room to rest our shot arms for the coming ski week.

Now for the fun. The ski week is nearly full, so get in fast. The dates are Sunday 27th July-Sunday 2nd August. Breakfast and dinner are catered for by your lodge hosts, which means all you have to do is open a bottle of wine and sit yourself at the dinner table. A skidoo picks up your skis at the end of the day, so you can walk home unencumbered after a few drinks.

For more info call Simon Forsythe on 0419 359 359. He will take your cheque and provide details on any other matters.



TATTERSALL'S ATHLETIC DEPARTMENT

To contact the Athletic Department, please call 9264 6111, (ext 28).

	MON	TUE	WED	THURS	FRI	SAT	SUN
6am	Running – Anthony	Boxing – Steven	HD Circuit – Anthony	Spinning – Steven	Circuit – Steven		
6.45am				Boxing – Nigel			
7.15am	Circuit – Anthony	Circuit – Steven	Circuit – Anthony	Circuit – Steven	Spinning – Steven		
10.30am						Boxing – Nigel	Spinning – Anthony
12pm	Spinning – Tony		Spinning – Tony	Swim Squad – Tony			
1pm	X-Train 30 – Anthony	Spinning – Tony	X-Train 30 – Nigel	Spinning – Tony	X-Train 30 – Steven	Kid Fit – Dean	
4pm						Spinning – Nigel	
6.00pm					Spinning – Nigel		
6.30pm	Stress Man – Steven	Boxing – Anthony	Stress Man – Nigel	Spinning – Anthony			



CLASS DESCRIPTIONS

Boxing: Technical & tactical aspects of boxing, with a cardiovascular workout. Beginners welcome.

Heavy Duty Circuit: A combination of weight training and aerobic exercises with a strength emphasis.

Circuit: A combination of weight training and aerobic exercises with a cardiovascular emphasis. Beginners welcome.

Stress Management: Stretching and relaxation. Beginners welcome.

X-Train 30: A 30-minute workout combining cardiovascular, strength, boxing and flexibility training. Beginners welcome.

Swim Squad: A different workout each week for intermediate to advanced swimmers.

Kid Fit: A complete workout aimed at those aged 10-17.

Running: A running group for intermediate-advanced fitness levels.

Spinning: A cardiovascular workout on stationary bikes. (Limited to the first 10 participants). Beginners welcome.

OPENING HOURS

Mon-Fri 5.30am-9.00pm.

Sat 6.00am-6.00pm, Sun 9.00am-5.00pm

Personal Training & Programming.

The Athletic Department's premium service. Qualified staff will guide, motivate and ensure you achieve your goals (including general health and fitness, self defence, rehabilitation, swimming and boxing). Tony, David, Anthony, Steven, Dean and Luke are available at a time that suits you.

Massage

Spoil yourself! Enjoy the relaxation and therapeutic benefits of massage therapy. Our masseurs John, Paul and Henry are on call between 7.30am-9.00pm, Monday-Friday.

Laundry Service

Don't take your sweats home, the Athletic Department Laundry Service is only \$2.

GutBusters

Waist reduction program, consisting of six weekly lectures, complete with text book, fat and fibre counter and work folder. More than 30,000 men have completed the program, including more than 50 Tattersall's members. Book now for course #4.

Squash

Round robin competition. See notice board for draw.

Lunch and Breakfast Bistro

Relax poolside for a healthy breakfast or lunch. Monday-Friday

BREAKFAST: 7.00am-9.30am.

LUNCH: 12.00pm-2.30pm

Complimentary Facilities and Services

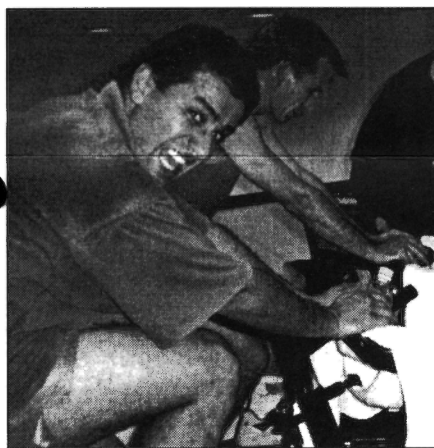
Cardiovascular machines, toiletries, sauna, pool, weights, steam room, spa, squash, handball, boxing equipment, towel and costume, permanent lockers, classes (see above).

Store

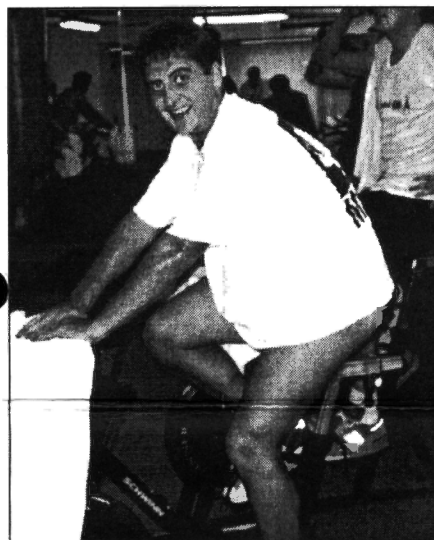
Drink bottles, John Konrads' Swim Easy Video, Creatine Monohydrate, GutBuster recipe book, shorts, singlets, umbrellas, goggles, swimming caps, ear plugs, chamois towels, pool buoys, T-shirts, polo shirts, rugby jumpers, sweat shirts, suede caps, gym bags. Socks, ties, bow ties, braces, scarves, woollen vests, playing cards and bridge scorers are all available from reception.



1 - They start with a grin.



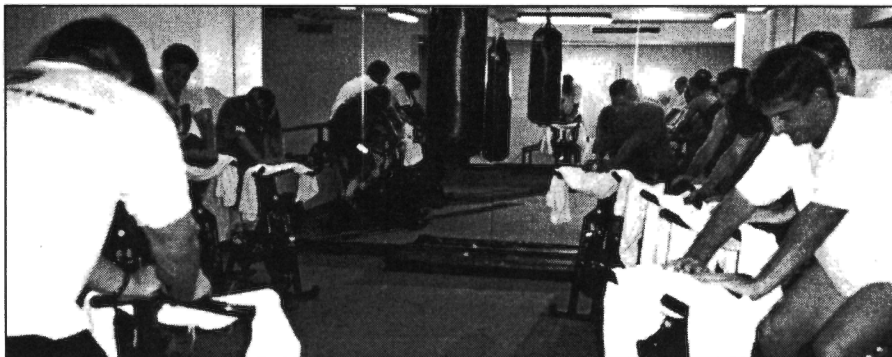
3 - The grins became a grimace.



5 - The smiles return.

SPINNING - NOW WITH 10 BIKES

We started with six bikes and eight classes. Due to popular demand, the number of Spinning classes was increased to 11 classes per week. However, all bikes were being filled and members were still being turned away. Now there are 10 bikes and 11 classes - so if you still haven't given it a go, 'come on the ride of your life' - see the timetable for class times.



2 - Heads down as the work begins.



4 - But after a well-earned rest.

A PLEASURE TO MEASURE



The Button that came to dinner

A formal shirt can be formal without being boring

The good old penguin collar can never actually be wrong. But some occasions call for one fresh touch to your dinner shirt dignity. Some of Vince M's formal shirts are positively austere. The Grandfather collar ennobled by one simple, significant button. Or a sleeked-down version of the wing collar plus a jewel of a button. Or something tasty in . . . black! Or the calm of a turn-down collar, but in pure natural silk. Or Versace's lofty fine cotton with extravagant cuff links. Whatever. But don't yawn your way into nonentity. Duck in next door and Vince M. will see you right.

EASY WINE FACSIMILE ORDER FORM

Rouge Homme Richardson's White Block Coonawarra Chardonnay 1995

Complex and elegant, this wine epitomises the cool climate varietal character associated with Coonawarra Chardonnay. Premium ripe fruit married with the complexities of barrel fermentation and oak maturation have produced a full-flavoured style with great character. The colour is light straw-green. The bouquet shows attractive melon and citrus-like fruit characters, enhanced by a background of soft, buttery barrel fermentation and sweet nutty oak influence.

Price per dozen **\$143.50**

Hungerford Hill Cowra Chardonnay 1995

This rich, full flavoured Cowra Chardonnay is an excellent example of contemporary Australian style. The wine has a bright, lemon straw-green colour. The fresh and inviting bouquet shows complex, ripe melon and fig-like varietal and regional fruit characters, enhanced by butterscotch nuances from barrel fermentation.

Price per dozen **\$160.00**

Rouge Homme Coonawarra Pinot Noir 1995

This is a complex and stylish wine with wonderful varietal aromas and flavours. The wine has a youthful and intense bright crimson colour. There is abundant lifted and fragrant varietal spice, strawberry and plum fruit on the bouquet with cold climate gamey and leafy characters, enhanced and complexed by charred vanillin oak.

Price per dozen **\$143.50**

Tulloch Hunter Valley Verdelho

The wine has a youthful, light to medium full green colour. Its lifted bouquet shows aromatic tropical fruit and ripe, fresh melon-like characters, typical of Hunter Valley Verdelho. The medium bodied palate is wonderfully fresh and tangy with soft, attractive fresh citrus and green apple varietal fruit flavours, finishing clean and dry with crisp acidity.

Price per dozen **\$130.00**

Penfolds Old Vine Semillon 1995

The wine has a medium pale straw colour with youthful, vibrant green hues. The bouquet shows well integrated and finely balanced fresh, tropical fruit and light herbaceous Semillon

aromas with soft barrel fermented overtones. An underlying butterscotch complexity derived from barrel fermentation is evident as well as a subtle vanillin oak character.

Price per dozen **\$174.00**

Penfolds Barossa Valley - Old Vines Shiraz - Grenache - Mourvedre 1993

The wine has a good depth of brick-red colour with crimson hues. The bouquet features youthful, raspberry jam and liquorice fruit characters derived from the Shiraz, Grenache and Mourvedre with a hint of earthiness. These enticing varietal characters and traditional barrel maturation have resulted in some boiled fruit-cake aromatic complexities.

Price per dozen **\$226.00**

Tattersall's Club Collectors Mixed Dozen - \$160.00

(Two bottles of each of the above wines per case)

Tattersall's Club Members Dozen - **\$107.00**

Tattersall's Chardonnay 1996

Hunter fruit, picked young to ensure optimum flavour and acid with new oak overtones on the nose and a clean crisp finish.

Tattersall's Shiraz 1994

Subdued nose of spicy black pepper with soft tannin and fresh fruit predominate on the palate, with a long and dry light acid finish.

Tattersall's Cellar Clearance Dozen

(make up your own special dozen from the selection below - limited numbers of these wines are available)

Wolf Blass Yellow Label Rhine Reisling	\$10.60
McGuigan Brothers Cabernet Merlot	\$10.50
Arrowfield Sauvignon Blanc	\$10.60
Arrowfield Cabernet Merlot	\$10.60
Hanging Rock Sauvignon Blanc	\$17.40
Petaluma Coonawarra 1994	\$40.00
Taylors Classic Dry White	\$ 8.00
Tyrells Old Winery Pinot Noir	\$12.50
Krondorf Chablis	\$ 9.40
Chateau Tahbilk Shiraz 1993	\$13.20
Tyrells Shee-Oak Chardonnay	\$16.00
Brown Bros. Shiraz Merlot Cabernet	\$10.50

PLEASE FAX YOUR WINE ORDER TO (02) 9267 8312

I would like _____ cases of _____ @ \$ _____ per case = \$ _____

OR Tattersall's Members Dozen

_____ x bottle (s) Shiraz Cabernet

_____ x bottle (s) Chardonnay = _____ cases @ \$107.00 per case = \$ _____

The above order will be charged to your house account plus delivery charges as appropriate. Please complete below in full.
(Allow approximately four working days for delivery)

Members Name _____ House Account _____

Delivery Address _____ Date _____

Or I will collect my order on _____ Time _____ Signature _____